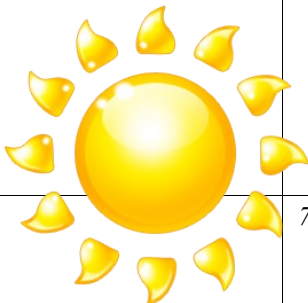



# August 2013 Spencer County Middle School Menu


| Mon   | Tue  | Wed   | Thu   | Fri  |
|---|--|---|---|--|
| Offered Daily:<br>Milk<br>Chocolate Milk  |   |   | 1   | 2<br>   |
| 5   | 6  | 7<br>Chicken nuggets<br>Roll, whole grain<br>Mashed potatoes<br>Broccoli w cheese<br>Peaches<br>Apple                                   | 8<br>Papa John's pizza<br>Corn<br>Tossed salad<br>Baked apples<br>Oranges   | 9<br>Corn dog<br>Fish nugget<br>Mac/cheese<br>Glazed carrots<br>Baked beans<br>Cole slaw   |
| 12<br>Cheeseburgers on whole grain bun<br>Chicken patty on whole grain bun<br>Fries<br>Lettuce, tomato, onion, pickles<br>Applesauce<br>Fresh Fruit     | 13<br>Asian Chicken<br>Grilled Cheese<br>Baby Carrots w/ ranch<br>Midori Blend Vegetables<br>Peaches<br>Fresh Fruit  | 14<br>Chicken Rings<br>Breaded Pork Steak w/ Gravy<br>Broccoli w/cheese<br>Buttermilk Squash<br>Cornbread<br>Pineapple<br>Fresh Fruit   | 15<br>Beef BBQ on whole grain bun<br>Cheese Quesadilla<br>Northern beans<br>Roasted Herb Zucchini<br>Assorted Fruit<br>Fresh Fruit                              | 16<br>Papa John's Pizza, whole grain<br>Turkey w/ Cheese on WG Bun<br>Tossed salad<br>Rainbow potato<br>Baked apples<br>Fresh Fruit                      |
| 19<br>Pork BBQ Riblets<br>Chicken Tenders<br>Mac & Cheese, whole grain<br>Broccoli salad w/onion, bacon<br>Mix. Vegetables<br>Mix. Fruit<br>Fresh Fruit | 20<br>Nacho-Grande, whole grain<br>Cheese Sticks<br>Refried Beans, Lettuce, tomato<br>Black Bean Salsa<br>Sour Cream, taco sauce<br>Lettuce/Tomato<br>Juice Cup<br>Fresh Fruit | 21<br>Chicken nuggets<br>Turkey & Gravy<br>Roll, whole grain<br>Mashed Potato<br>Spinach Salad<br>Pickled Beets<br>Pears<br>Fresh Fruit | 22<br>Hot dog on whole grain bun<br>Fish Patty on whole grain bun<br>Sweet Potato Criss Cut Fries<br>Pinto beans<br>Sauerkraut, salsa<br>Peaches<br>Fresh Fruit | 23<br>Papa John's Pizza, whole grain<br>Sub-sandwich on whole grain bun<br>Tossed salad<br>Steamed cauliflower w/cheese<br>Assorted Fruit<br>Fresh Fruit |
| 26<br>Chicken corn dog, whole grain<br>Cheeseburger on whole grain bun<br>Glazed Carrots<br>Hash Brown Sticks<br>Applesauce<br>Fresh Fruit              | 27<br>Chili w/cheese<br>Vegetarian Soup w/soup Crackers<br>Sweet Potato Fries<br>Raw Veggie Cup<br>Fruit Smoothie Cup<br>Fresh Fruit   | 28<br>Popcorn Chicken<br>Fish Nuggets<br>Mashed Potato<br>Green Beans<br>Pineapple<br>Fresh Fruit                                       | 29<br>Chicken Patty on WG Bun<br>Cheese Quesadilla<br>Glazed Carrots<br>Mixed Vegetables<br>Assorted Fruit<br>Fresh Fruit                                       | 30<br><b>No School</b>   |

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# September 2013 Spencer County Middle School Menu

| Mon  | Tue  | Wed   | Thu  | Fri  |
|--|--|---|--|--|
| <p>2</p> <p><b>No School</b></p>   | <p>3</p> <p>Nacho-Grande, whole grain<br/>Soft Chicken Taco<br/>Refried Beans, lettuce, tomato<br/>Black bean salsa<br/>Sour Cream, taco sauce<br/>Juice Cup<br/>Fresh Fruit</p>                 | <p>4</p> <p>Chicken nuggets<br/>Roast turkey w/gravy<br/>Roll, whole grain<br/>Mashed Potato<br/>Green Beans<br/>Mandarin Oranges,<br/>Fresh Fruit</p>        | <p>5</p> <p>Ham &amp; Cheese on Whole Grain Bun<br/>Cheese Sticks w/ Sauce<br/>Glazed Carrots<br/>Tossed Salad<br/>Assorted Fruit<br/>Fresh Fruit</p>                            | <p>6</p> <p>Papa John's Pizza, whole grain<br/>BBQ Rib Patty on Whole Grain Bun<br/>Garden Salad w/ Romaine, Spinach<br/>Corn<br/>Assorted Fruit<br/>Fresh Fruit</p>     |
| <p>9</p> <p>Cheeseburgers on whole grain bun<br/>Chicken patty on whole grain bun<br/>Fries<br/>Lettuce, tomato, onion, pickles<br/>Applesauce<br/>Fresh Fruit</p>           | <p>10</p> <p>Asian Chicken<br/>Grilled Cheese<br/>Baby Carrots w/ ranch<br/>Midori Blend Vegetables<br/>Peaches<br/>Fresh Fruit</p>  | <p>11</p> <p>Chicken Rings<br/>Breaded Pork Steak w/ Gravy<br/>Broccoli w/cheese<br/>Buttermilk Squash<br/>Cornbread<br/>Pineapple<br/>Fresh Fruit</p>        | <p>12</p> <p>Beef BBQ on whole grain bun<br/>Cheese Quesadilla<br/>Northern beans<br/>Roasted Herb Zucchini<br/>Assorted Fruit<br/>Fresh Fruit</p>                               | <p>13</p> <p>Papa John's Pizza, whole grain<br/>Turkey w/ Cheese on WG Bun<br/>Tossed salad<br/>Rainbow potato<br/>Baked apples<br/>Fresh Fruit</p>                      |
| <p>16</p> <p>Pork BBQ Riblets<br/>Chicken Tenders<br/>Mac &amp; Cheese, whole grain<br/>Broccoli salad w/onion, bacon<br/>Mix. Vegetables<br/>Mix. Fruit<br/>Fresh Fruit</p> | <p>17</p> <p>Nacho-Grande, whole grain<br/>Cheese Sticks<br/>Refried Beans, Lettuce, tomato<br/>Black Bean Salsa<br/>Sour Cream, taco sauce<br/>Lettuce/Tomato<br/>Juice Cup<br/>Fresh Fruit</p> | <p>18</p> <p>Chicken nuggets<br/>Turkey &amp; Gravy<br/>Roll, whole grain<br/>Mashed Potato<br/>Spinach Salad<br/>Pickled Beets<br/>Pears<br/>Fresh Fruit</p> | <p>19</p> <p>Hot dog on whole grain bun<br/>Fish Patty on whole grain bun<br/>Sweet Potato Criss Cut Fries<br/>Pinto beans<br/>Sauerkraut, salsa<br/>Peaches<br/>Fresh Fruit</p> | <p>20</p> <p>Papa John's Pizza, whole grain<br/>Sub-sandwich on whole grain bun<br/>Tossed salad<br/>Steamed cauliflower w/cheese<br/>Assorted Fruit<br/>Fresh Fruit</p> |
| <p>23</p> <p>Chicken corn dog, whole grain<br/>Cheeseburger on whole grain bun<br/>Glazed Carrots<br/>Hash Brown Sticks<br/>Applesauce<br/>Fresh Fruit</p>                   | <p>24</p> <p>Chili w/cheese<br/>Vegetarian Soup w/soup Crackers<br/>Sweet Potato Fries<br/>Raw Veggie Cup<br/>Fruit Smoothie Cup<br/>Fresh Fruit</p>   | <p>25</p> <p>Popcorn Chicken<br/>Fish Nuggets<br/>Mashed Potato<br/>Green Beans<br/>Pineapple<br/>Fresh Fruit</p>   | <p>26</p> <p>Chicken Patty on WG Bun<br/>Cheese Quesadilla<br/>Glazed Carrots<br/>Mixed Vegetables<br/>Assorted Fruit<br/>Fresh Fruit</p>  | <p>27</p> <p>Papa John's Pizza, whole grain<br/>Ham &amp; Cheese on WG Bun<br/>Spinach Salad w/Mandarin Orange<br/>Corn<br/>Assorted Fruit<br/>Fresh Fruit</p>           |
| <p>30</p> <p>Hot Dog on whole grain Bun<br/>Grilled Cheese Sandwich<br/>Sweet Potato Fries<br/>Cucumber Apple Salad<br/>Baked Beans<br/>Pineapple<br/>Fresh Fruit</p>        | <p><b>Offered Daily:</b><br/><b>Milk</b><br/><b>Chocolate Milk</b></p>   |   |  |   |

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# October 2013 Spencer County Middle School Menu

| Mon   | Tue   | Wed   | Thu   | Fri   |   |
|---|---|---|---|---|---|
| <b>Offered Daily:</b><br><b>Milk</b><br><b>Chocolate Milk</b>   | <b>1</b><br>Nacho-Grande, whole grain<br>Soft Chicken Taco<br>Refried Beans, lettuce, tomato<br>Black bean salsa<br>Sour Cream, taco sauce<br>Juice Cup<br>Fresh Fruit  | <b>2</b><br>Chicken nuggets<br>Roast turkey w/gravy<br>Roll, whole grain<br>Mashed Potato<br>Green Beans<br>Mandarin Oranges,<br>Fresh Fruit  | <b>3</b><br>Ham & Cheese on Whole Grain Bun<br>Cheese Sticks w/ Sauce<br>Glazed Carrots<br>Tossed Salad<br>Assorted Fruit<br>Fresh Fruit  | <b>4</b><br>Papa John's Pizza, whole grain<br>BBQ Rib Patty on Whole Grain Bun<br>Garden Salad w/ Romaine, Spinach<br>Corn<br>Assorted Fruit<br>Fresh Fruit | 4 |
| <b>7</b><br>Cheeseburgers on whole grain bun<br>Chicken patty on whole grain bun<br>Fries<br>Lettuce, tomato, onion, pickles<br>Applesauce<br>Fresh Fruit   | <b>8</b><br>Asian Chicken<br>Grilled Cheese<br>Baby Carrots w/ ranch<br>Midori Blend Vegetables<br>Peaches<br>Fresh Fruit   | <b>9</b><br>Chicken Rings<br>Breaded Pork Steak w/ Gravy<br>Broccoli w/cheese<br>Buttermilk Squash<br>Cornbread<br>Pineapple<br>Fresh Fruit   | <b>10</b><br>Beef BBQ on whole grain bun<br>Cheese Quesadilla<br>Northern beans<br>Roasted Herb Zucchini<br>Assorted Fruit<br>Fresh Fruit | <b>11</b><br>No School  | 1 |
| <b>14</b><br>  | <b>Fall Break</b>   |   |   |   | 2 |
| <b>21</b><br>No School  | <b>22</b><br>Chili w/cheese<br>Vegetarian Soup w/soup Crackers<br>Sweet Potato Fries<br>Raw Veggie Cup<br>Fruit Smoothie Cup<br>Fresh Fruit                             | <b>23</b><br>Popcorn Chicken<br>Fish Nuggets<br>Mashed Potato<br>Green Beans<br>Pineapple<br>Fresh Fruit                                      | <b>24</b><br>Chicken Patty on WG Bun<br>Cheese Quesadilla<br>Glazed Carrots<br>Mixed Vegetables<br>Assorted Fruit<br>Fresh Fruit          | <b>25</b><br>Papa John's Pizza, whole grain<br>Ham & Cheese on WG Bun<br>Spinach Salad w/Mandarin Orange<br>Corn<br>Assorted Fruit<br>Fresh Fruit           | 3 |
| <b>28</b><br>Hot Dog on whole grain Bun<br>Grilled Cheese Sandwich<br>Sweet Potato Fries<br>Cucumber Apple Salad<br>Baked Beans<br>Pineapple<br>Fresh Fruit | <b>29</b><br>Nacho-Grande, whole grain<br>Soft Chicken Taco<br>Refried Beans, lettuce, tomato<br>Black bean salsa<br>Sour Cream, taco sauce<br>Juice Cup<br>Fresh Fruit | <b>30</b><br>Chicken nuggets<br>Roast turkey w/gravy<br>Roll, whole grain<br>Mashed Potato<br>Green Beans<br>Mandarin Oranges,<br>Fresh Fruit | <b>31</b><br>Ham & Cheese on Whole Grain Bun<br>Cheese Sticks w/ Sauce<br>Glazed Carrots<br>Tossed Salad<br>Assorted Fruit<br>Fresh Fruit |    | 4 |

# November 2013 Spencer County Middle School Menu

| Mon   | Tue  | Wed  | Thu   | Fri  |   |
|---|--|--|---|--|---|
| Offered Daily:<br>Milk<br>Chocolate Milk  |   |  |   | 1<br>Papa John's Pizza, whole grain<br>BBQ Rib Patty on Whole Grain Bun<br>Garden Salad w/ Romaine, Spinach<br>Corn<br>Assorted Fruit<br>Fresh Fruit     | 4 |
| 4<br><br>No School  | 5<br><br>Asian Chicken<br>Grilled Cheese<br>Baby Carrots w/ ranch<br>Midori Blend Vegetables<br>Peaches<br>Fresh Fruit   | 6<br><br>Chicken Rings<br>Breaded Pork Steak w/ Gravy<br>Broccoli w/cheese<br>Buttermilk Squash<br>Cornbread<br>Pineapple<br>Fresh Fruit | 7<br><br>Beef BBQ on whole grain bun<br>Cheese Quesadilla<br>Northern beans<br>Roasted Herb Zucchini<br>Assorted Fruit<br>Fresh Fruit                           | 8<br><br>Papa John's Pizza, whole grain<br>Turkey w/ Cheese on WG Bun<br>Tossed salad<br>Rainbow potato<br>Baked apples<br>Fresh Fruit                   | 1 |
| 11<br>Pork BBQ Riblets<br>Chicken Tenders<br>Mac & Cheese, whole grain<br>Broccoli salad w/onion, bacon<br>Mix. Vegetables<br>Mix. Fruit<br>Fresh Fruit | 12<br>Nacho-Grande, whole grain<br>Cheese Sticks<br>Refried Beans, Lettuce, tomato<br>Black Bean Salsa<br>Sour Cream, taco sauce<br>Lettuce/Tomato<br>Juice Cup<br>Fresh Fruit | 13<br>Chicken nuggets<br>Turkey & Gravy<br>Roll, whole grain<br>Mashed Potato<br>Spinach Salad<br>Pickled Beets<br>Pears<br>Fresh Fruit  | 14<br>Hot dog on whole grain bun<br>Fish Patty on whole grain bun<br>Sweet Potato Criss Cut Fries<br>Pinto beans<br>Sauerkraut, salsa<br>Peaches<br>Fresh Fruit | 15<br>Papa John's Pizza, whole grain<br>Sub-sandwich on whole grain bun<br>Tossed salad<br>Steamed cauliflower w/cheese<br>Assorted Fruit<br>Fresh Fruit | 2 |
| 18<br>Chicken corn dog, whole grain<br>Cheeseburger on whole grain bun<br>Glazed Carrots<br>Hash Brown Sticks<br>Applesauce<br>Fresh Fruit              | 19<br>Chili w/cheese<br>Vegetarian Soup w/soup Crackers<br>Sweet Potato Fries<br>Raw Veggie Cup<br>Fruit Smoothie Cup<br>Fresh Fruit   | 20<br>Popcorn Chicken<br>Fish Nuggets<br>Mashed Potato<br>Green Beans<br>Pineapple<br>Fresh Fruit  | 21<br>Chicken Patty on WG Bun<br>Cheese Quesadilla<br>Glazed Carrots<br>Mixed Vegetables<br>Assorted Fruit<br>Fresh Fruit                                       | 22<br>Papa John's Pizza, whole grain<br>Ham & Cheese on WG Bun<br>Spinach Salad w/Mandarin Orange<br>Corn<br>Assorted Fruit<br>Fresh Fruit               | 3 |
| 25<br>Hot Dog on whole grain Bun<br>Grilled Cheese Sandwich<br>Sweet Potato Fries<br>Cucumber Apple Salad<br>Baked Beans<br>Pineapple<br>Fresh Fruit    | 26<br>Nacho-Grande, whole grain<br>Soft Chicken Taco<br>Refried Beans, lettuce, tomato<br>Black bean salsa<br>Sour Cream, taco sauce<br>Juice Cup<br>Fresh Fruit               | 27<br><br><br>Happy Thanksgiving   | 28<br><br><br>Happy Thanksgiving  | 29<br><br><br>Happy Thanksgiving   | 4 |


# December 2013 Spencer County Middle School Menu

| Mon   | Tue  | Wed   | Thu  | Fri  |
|---|--|---|--|--|
| <p>2</p> <p>Cheeseburgers on whole grain bun<br/>Chicken patty on whole grain bun<br/>Fries<br/>Lettuce, tomato, onion, pickles<br/>Applesauce<br/>Fresh Fruit</p>          | <p>3</p> <p>Asian Chicken<br/>Grilled Cheese<br/>Baby Carrots w/ ranch<br/>Midori Blend Vegetables<br/>Peaches<br/>Fresh Fruit</p>   | <p>4</p> <p>Chicken Rings<br/>Breaded Pork Steak w/ Gravy<br/>Broccoli w/cheese<br/>Buttermilk Squash<br/>Cornbread<br/>Pineapple<br/>Fresh Fruit</p>         | <p>5</p> <p>Beef BBQ on whole grain bun<br/>Cheese Quesadilla<br/>Northern beans<br/>Roasted Herb Zucchini<br/>Assorted Fruit<br/>Fresh Fruit</p>                                | <p>6</p> <p>Papa John's Pizza, whole grain<br/>Turkey w/ Cheese on WG Bun<br/>Tossed salad<br/>Rainbow potato<br/>Baked apples<br/>Fresh Fruit</p>                       |
| <p>9</p> <p>Pork BBQ Riblets<br/>Chicken Tenders<br/>Mac &amp; Cheese, whole grain<br/>Broccoli salad w/onion, bacon<br/>Mix. Vegetables<br/>Mix. Fruit<br/>Fresh Fruit</p> | <p>10</p> <p>Nacho-Grande, whole grain<br/>Cheese Sticks<br/>Refried Beans, Lettuce, tomato<br/>Black Bean Salsa<br/>Sour Cream, taco sauce<br/>Lettuce/Tomato<br/>Juice Cup<br/>Fresh Fruit</p> | <p>11</p> <p>Chicken nuggets<br/>Turkey &amp; Gravy<br/>Roll, whole grain<br/>Mashed Potato<br/>Spinach Salad<br/>Pickled Beets<br/>Pears<br/>Fresh Fruit</p> | <p>12</p> <p>Hot dog on whole grain bun<br/>Fish Patty on whole grain bun<br/>Sweet Potato Criss Cut Fries<br/>Pinto beans<br/>Sauerkraut, salsa<br/>Peaches<br/>Fresh Fruit</p> | <p>13</p> <p>Papa John's Pizza, whole grain<br/>Sub-sandwich on whole grain bun<br/>Tossed salad<br/>Steamed cauliflower w/cheese<br/>Assorted Fruit<br/>Fresh Fruit</p> |
| <p>16</p> <p>Chicken corn dog, whole grain<br/>Cheeseburger on whole grain bun<br/>Glazed Carrots<br/>Hash Brown Sticks<br/>Applesauce<br/>Fresh Fruit</p>                  | <p>17</p> <p>Chili w/cheese<br/>Vegetarian Soup w/soup Crackers<br/>Sweet Potato Fries<br/>Raw Veggie Cup<br/>Fruit Smoothie Cup<br/>Fresh Fruit</p>   | <p>18</p> <p>Popcorn Chicken<br/>Fish Nuggets<br/>Mashed Potato<br/>Green Beans<br/>Pineapple<br/>Fresh Fruit</p>   | <p>19</p> <p>Chicken Patty on WG Bun<br/>Cheese Quesadilla<br/>Glazed Carrots<br/>Mixed Vegetables<br/>Assorted Fruit<br/>Fresh Fruit</p>  | <p>20</p> <p>No School</p>   |
| <p>23</p>   | <p>24</p>  | <p>25</p>   | <p>26</p>  | <p>27</p>  |
| <p>30</p> <p>No School</p>  | <p>31</p>  |   |   | <p>Offered Daily:<br/>Milk<br/>Chocolate Milk</p>  |



Merry Christmas

# January 2014 Spencer County Middle School Menu

| Mon   | Tue  | Wed   | Thu   | Fri  |
|---|--|---|---|--|
| Offered Daily:<br>Milk<br>Chocolate Milk  | Happy New Year   | 1<br>   | 2<br>No School  | 3  |
| 6<br>No School  | 7<br>Chili w/cheese<br>Vegetarian Soup w/soup Crackers<br>Sweet Potato Fries<br>Raw Veggie Cup<br>Fruit Smoothie Cup<br>Fresh Fruit  | 8<br>Popcorn Chicken<br>Fish Nuggets<br>Mashed Potato<br>Green Beans<br>Pineapple<br>Fresh Fruit  | 9<br>Chicken Patty on WG Bun<br>Cheese Quesadilla<br>Glazed Carrots<br>Mixed Vegetables<br>Assorted Fruit<br>Fresh Fruit  | 10<br>Papa John's Pizza, whole grain<br>Ham & Cheese on WG Bun<br>Spinach Salad w/Mandarin Orange<br>Corn<br>Assorted Fruit<br>Fresh Fruit               |
| 13<br>Hot Dog on whole grain Bun<br>Grilled Cheese Sandwich<br>Sweet Potato Fries<br>Cucumber Apple Salad<br>Baked Beans<br>Pineapple<br>Fresh Fruit    | 14<br>Nacho-Grande, whole grain<br>Soft Chicken Taco<br>Refried Beans, lettuce, tomato<br>Black bean salsa<br>Sour Cream, taco sauce<br>Juice Cup<br>Fresh Fruit               | 15<br>Chicken nuggets<br>Roast turkey w/gravy<br>Roll, whole grain<br>Mashed Potato<br>Green Beans<br>Mandarin Oranges,<br>Fresh Fruit  | 16<br>Ham & Cheese on Whole Grain Bun<br>Cheese Sticks w/ Sauce<br>Glazed Carrots<br>Tossed Salad<br>Assorted Fruit<br>Fresh Fruit                              | 17<br>Papa John's Pizza, whole grain<br>BBQ Rib Patty on Whole Grain Bun<br>Garden Salad w/ Romaine, Spinach<br>Corn<br>Assorted Fruit<br>Fresh Fruit    |
| 20<br>No School   | 21<br>Asian Chicken<br>Grilled Cheese<br>Baby Carrots w/ ranch<br>Midori Blend Vegetables<br>Peaches<br>Fresh Fruit  | 22<br>Chicken Rings<br>Breaded Pork Steak w/ Gravy<br>Broccoli w/cheese<br>Buttermilk Squash<br>Cornbread<br>Pineapple<br>Fresh Fruit   | 23<br>Beef BBQ on whole grain bun<br>Cheese Quesadilla<br>Northern beans<br>Roasted Herb Zucchini<br>Assorted Fruit<br>Fresh Fruit                              | 24<br>Papa John's Pizza, whole grain<br>Turkey w/ Cheese on WG Bun<br>Tossed salad<br>Rainbow potato<br>Baked apples<br>Fresh Fruit                      |
| 27<br>Pork BBQ Riblets<br>Chicken Tenders<br>Mac & Cheese, whole grain<br>Broccoli salad w/onion, bacon<br>Mix. Vegetables<br>Mix. Fruit<br>Fresh Fruit | 28<br>Nacho-Grande, whole grain<br>Cheese Sticks<br>Refried Beans, Lettuce, tomato<br>Black Bean Salsa<br>Sour Cream, taco sauce<br>Lettuce/Tomato<br>Juice Cup<br>Fresh Fruit | 29<br>Chicken nuggets<br>Turkey & Gravy<br>Roll, whole grain<br>Mashed Potato<br>Spinach Salad<br>Pickled Beets<br>Pears<br>Fresh Fruit | 30<br>Hot dog on whole grain bun<br>Fish Patty on whole grain bun<br>Sweet Potato Criss Cut Fries<br>Pinto beans<br>Sauerkraut, salsa<br>Peaches<br>Fresh Fruit | 31<br>Papa John's Pizza, whole grain<br>Sub-sandwich on whole grain bun<br>Tossed salad<br>Steamed cauliflower w/cheese<br>Assorted Fruit<br>Fresh Fruit |

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# February 2014 Spencer County Middle School Menu

| Mon  | Tue   | Wed  | Thu  | Fri   |
|--|---|--|--|---|
| <b>Offered Daily:</b><br><b>Milk</b><br><b>Chocolate Milk</b>  |    |  |  |   |
| <b>4</b><br>Chicken corn dog, whole grain<br>Cheeseburger on whole grain bun<br>Glazed Carrots<br>Hash Brown Sticks<br>Applesauce<br>Fresh Fruit               | <b>5</b><br>Chili w/cheese<br>Vegetarian Soup w/soup Crackers<br>Sweet Potato Fries<br>Raw Veggie Cup<br>Fruit Smoothie Cup<br>Fresh Fruit  | <b>6</b><br>Popcorn Chicken<br>Fish Nuggets<br>Mashed Potato<br>Green Beans<br>Pineapple<br>Fresh Fruit  | <b>7</b><br>Chicken Patty on WG Bun<br>Cheese Quesadilla<br>Glazed Carrots<br>Mixed Vegetables<br>Assorted Fruit<br>Fresh Fruit  | <b>8</b><br>Papa John's Pizza, whole grain<br>Ham & Cheese on WG Bun<br>Spinach Salad w/Mandarin Orange<br>Corn<br>Assorted Fruit<br>Fresh Fruit                |
| <b>10</b><br>Hot Dog on whole grain Bun<br>Grilled Cheese Sandwich<br>Sweet Potato Fries<br>Cucumber Apple Salad<br>Baked Beans<br>Pineapple<br>Fresh Fruit    | <b>11</b><br>Nacho-Grande, whole grain<br>Soft Chicken Taco<br>Refried Beans, lettuce, tomato<br>Black bean salsa<br>Sour Cream, taco sauce<br>Juice Cup<br>Fresh Fruit               | <b>12</b><br>Chicken nuggets<br>Roast turkey w/gravy<br>Roll, whole grain<br>Mashed Potato<br>Green Beans<br>Mandarin Oranges,<br>Fresh Fruit  | <b>13</b><br>Ham & Cheese on Whole Grain Bun<br>Cheese Sticks w/ Sauce<br>Glazed Carrots<br>Tossed Salad<br>Assorted Fruit<br>Fresh Fruit                              | <b>14</b><br><div>No School</div>   |
| <b>17</b><br><div>No School</div>  | <b>18</b><br>Asian Chicken<br>Grilled Cheese<br>Baby Carrots w/ ranch<br>Midori Blend Vegetables<br>Peaches<br>Fresh Fruit  | <b>19</b><br>Chicken Rings<br>Breaded Pork Steak w/ Gravy<br>Broccoli w/cheese<br>Buttermilk Squash<br>Cornbread<br>Pineapple<br>Fresh Fruit   | <b>20</b><br>Beef BBQ on whole grain bun<br>Cheese Quesadilla<br>Northern beans<br>Roasted Herb Zucchini<br>Assorted Fruit<br>Fresh Fruit                              | <b>21</b><br>Papa John's Pizza, whole grain<br>Turkey w/ Cheese on WG Bun<br>Tossed salad<br>Rainbow potato<br>Baked apples<br>Fresh Fruit                      |
| <b>24</b><br>Pork BBQ Riblets<br>Chicken Tenders<br>Mac & Cheese, whole grain<br>Broccoli salad w/onion, bacon<br>Mix. Vegetables<br>Mix. Fruit<br>Fresh Fruit | <b>25</b><br>Nacho-Grande, whole grain<br>Cheese Sticks<br>Refried Beans, Lettuce, tomato<br>Black Bean Salsa<br>Sour Cream, taco sauce<br>Lettuce/Tomato<br>Juice Cup<br>Fresh Fruit | <b>26</b><br>Chicken nuggets<br>Turkey & Gravy<br>Roll, whole grain<br>Mashed Potato<br>Spinach Salad<br>Pickled Beets<br>Pears<br>Fresh Fruit | <b>27</b><br>Hot dog on whole grain bun<br>Fish Patty on whole grain bun<br>Sweet Potato Criss Cut Fries<br>Pinto beans<br>Sauerkraut, salsa<br>Peaches<br>Fresh Fruit | <b>28</b><br>Papa John's Pizza, whole grain<br>Sub-sandwich on whole grain bun<br>Tossed salad<br>Steamed cauliflower w/cheese<br>Assorted Fruit<br>Fresh Fruit |


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# March 2014 Spencer County Middle School Menu

| Mon  | Tue   | Wed  | Thu  | Fri  |
|--|---|--|--|--|
| <b>3</b><br>Chicken corn dog, whole grain<br>Cheeseburger on whole grain bun<br>Glazed Carrots<br>Hash Brown Sticks<br>Applesauce<br>Fresh Fruit               | <b>4</b><br>Chili w/cheese<br>Vegetarian Soup w/soup Crackers<br>Sweet Potato Fries<br>Raw Veggie Cup<br>Fruit Smoothie Cup<br>Fresh Fruit  | <b>5</b><br>Popcorn Chicken<br>Fish Nuggets<br>Mashed Potato<br>Green Beans<br>Pineapple<br>Fresh Fruit  | <b>6</b><br>Chicken Patty on WG Bun<br>Cheese Quesadilla<br>Glazed Carrots<br>Mixed Vegetables<br>Assorted Fruit<br>Fresh Fruit  | <b>7</b><br>Papa John's Pizza, whole grain<br>Ham & Cheese on WG Bun<br>Spinach Salad w/Mandarin Orange<br>Corn<br>Assorted Fruit<br>Fresh Fruit             |
| <b>10</b><br>Hot Dog on whole grain Bun<br>Grilled Cheese Sandwich<br>Sweet Potato Fries<br>Cucumber Apple Salad<br>Baked Beans<br>Pineapple<br>Fresh Fruit    | <b>11</b><br>Nacho-Grande, whole grain<br>Soft Chicken Taco<br>Refried Beans, lettuce, tomato<br>Black bean salsa<br>Sour Cream, taco sauce<br>Juice Cup<br>Fresh Fruit               | <b>12</b><br>Chicken nuggets<br>Roast turkey w/gravy<br>Roll, whole grain<br>Mashed Potato<br>Green Beans<br>Mandarin Oranges,<br>Fresh Fruit  | <b>13</b><br>Ham & Cheese on Whole Grain Bun<br>Cheese Sticks w/ Sauce<br>Glazed Carrots<br>Tossed Salad<br>Assorted Fruit<br>Fresh Fruit                              | <b>14</b><br>Papa John's Pizza, whole grain<br>BBQ Rib Patty on Whole Grain Bun<br>Garden Salad w/ Romaine, Spinach<br>Corn<br>Assorted Fruit<br>Fresh Fruit |
| <b>17</b><br>Cheeseburgers on whole grain bun<br>Chicken patty on whole grain bun<br>Fries<br>Lettuce, tomato, onion, pickles<br>Applesauce<br>Fresh Fruit     | <b>18</b><br>Asian Chicken<br>Grilled Cheese<br>Baby Carrots w/ ranch<br>Midori Blend Vegetables<br>Peaches<br>Fresh Fruit  | <b>19</b><br>Chicken Rings<br>Breaded Pork Steak w/ Gravy<br>Broccoli w/cheese<br>Buttermilk Squash<br>Cornbread<br>Pineapple<br>Fresh Fruit   | <b>20</b><br>Beef BBQ on whole grain bun<br>Cheese Quesadilla<br>Northern beans<br>Roasted Herb Zucchini<br>Assorted Fruit<br>Fresh Fruit                              | <b>21</b><br>Papa John's Pizza, whole grain<br>Turkey w/ Cheese on WG Bun<br>Tossed salad<br>Rainbow potato<br>Baked apples<br>Fresh Fruit                   |
| <b>24</b><br>Pork BBQ Riblets<br>Chicken Tenders<br>Mac & Cheese, whole grain<br>Broccoli salad w/onion, bacon<br>Mix. Vegetables<br>Mix. Fruit<br>Fresh Fruit | <b>25</b><br>Nacho-Grande, whole grain<br>Cheese Sticks<br>Refried Beans, Lettuce, tomato<br>Black Bean Salsa<br>Sour Cream, taco sauce<br>Lettuce/Tomato<br>Juice Cup<br>Fresh Fruit | <b>26</b><br>Chicken nuggets<br>Turkey & Gravy<br>Roll, whole grain<br>Mashed Potato<br>Spinach Salad<br>Pickled Beets<br>Pears<br>Fresh Fruit | <b>27</b><br>Hot dog on whole grain bun<br>Fish Patty on whole grain bun<br>Sweet Potato Criss Cut Fries<br>Pinto beans<br>Sauerkraut, salsa<br>Peaches<br>Fresh Fruit | <b>28</b><br><div style="text-align: center; font-size: 2em; font-weight: bold;">No School</div>   |
| <b>31</b><br><div style="text-align: center; font-size: 2em; font-weight: bold;">No School</div>   |   |  | <b>Offered Daily:</b><br><b>Milk</b><br><b>Chocolate Milk</b>  |   |

3

4


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2


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# April 2014 Spencer County Middle School Menu

| Mon   | Tue  | Wed   | Thu   | Fri  |
|---|--|---|---|--|
| <div>Spring Break</div>   |  |   |   |  |
| 7   | 8  | 9   | 10  | 11   |
| No School   | Nacho-Grande, whole grain<br>Soft Chicken Taco<br>Refried Beans, lettuce, tomato<br>Black bean salsa<br>Sour Cream, taco sauce<br>Juice Cup<br>Fresh Fruit               | Chicken nuggets<br>Roast turkey w/gravy<br>Roll, whole grain<br>Mashed Potato<br>Green Beans<br>Mandarin Oranges,<br>Fresh Fruit  | Ham & Cheese on Whole Grain Bun<br>Cheese Sticks w/ Sauce<br>Glazed Carrots<br>Tossed Salad<br>Assorted Fruit<br>Fresh Fruit                              | Papa John's Pizza, whole grain<br>BBQ Rib Patty on Whole Grain Bun<br>Garden Salad w/ Romaine, Spinach<br>Corn<br>Assorted Fruit<br>Fresh Fruit    |
| 14  | 15   | 16  | 17  | 18   |
| Cheeseburgers on whole grain bun<br>Chicken patty on whole grain bun<br>Fries<br>Lettuce, tomato, onion, pickles<br>Applesauce<br>Fresh Fruit     | Asian Chicken<br>Grilled Cheese<br>Baby Carrots w/ ranch<br>Midori Blend Vegetables<br>Peaches<br>Fresh Fruit  | Chicken Rings<br>Breaded Pork Steak w/ Gravy<br>Broccoli w/cheese<br>Buttermilk Squash<br>Cornbread<br>Pineapple<br>Fresh Fruit   | Beef BBQ on whole grain bun<br>Cheese Quesadilla<br>Northern beans<br>Roasted Herb Zucchini<br>Assorted Fruit<br>Fresh Fruit                              | Papa John's Pizza, whole grain<br>Turkey w/ Cheese on WG Bun<br>Tossed salad<br>Rainbow potato<br>Baked apples<br>Fresh Fruit                      |
| 21  | 22   | 23  | 24  | 25   |
| Pork BBQ Riblets<br>Chicken Tenders<br>Mac & Cheese, whole grain<br>Broccoli salad w/onion, bacon<br>Mix. Vegetables<br>Mix. Fruit<br>Fresh Fruit | Nacho-Grande, whole grain<br>Cheese Sticks<br>Refried Beans, Lettuce, tomato<br>Black Bean Salsa<br>Sour Cream, taco sauce<br>Lettuce/Tomato<br>Juice Cup<br>Fresh Fruit | Chicken nuggets<br>Turkey & Gravy<br>Roll, whole grain<br>Mashed Potato<br>Spinach Salad<br>Pickled Beets<br>Pears<br>Fresh Fruit | Hot dog on whole grain bun<br>Fish Patty on whole grain bun<br>Sweet Potato Criss Cut Fries<br>Pinto beans<br>Sauerkraut, salsa<br>Peaches<br>Fresh Fruit | Papa John's Pizza, whole grain<br>Sub-sandwich on whole grain bun<br>Tossed salad<br>Steamed cauliflower w/cheese<br>Assorted Fruit<br>Fresh Fruit |
| 28  | 29   | 30  |    |  |
| Chicken corn dog, whole grain<br>Cheeseburger on whole grain bun<br>Glazed Carrots<br>Hash Brown Sticks<br>Applesauce<br>Fresh Fruit              | Chili w/cheese<br>Vegetarian Soup w/soup Crackers<br>Sweet Potato Fries<br>Raw Veggie Cup<br>Fruit Smoothie Cup<br>Fresh Fruit   | Popcorn Chicken<br>Fish Nuggets<br>Mashed Potato<br>Green Beans<br>Pineapple<br>Fresh Fruit                                       | <b>Offered Daily:</b><br><b>Milk</b><br><b>Chocolate Milk</b>   |  |

# May 2014 Spencer County Middle School Menu

| Mon  | Tue   | Wed  | Thu  | Fri   |
|--|---|--|--|---|
| <b>Offered Daily:</b><br><b>Milk</b><br><b>Chocolate Milk</b>  |    |  | <i>1</i><br>Chicken Patty on WG Bun<br>Cheese Quesadilla<br>Glazed Carrots<br>Mixed Vegetables<br>Assorted Fruit<br>Fresh Fruit  | <i>2</i><br><b>No School</b>  |
| <i>5</i>   | <i>6</i><br>Nacho-Grande, whole grain<br>Soft Chicken Taco<br>Refried Beans, lettuce, tomato<br>Black bean salsa<br>Sour Cream, taco sauce<br>Juice Cup<br>Fresh Fruit                | <i>7</i><br>Chicken nuggets<br>Roast turkey w/gravy<br>Roll, whole grain<br>Mashed Potato<br>Green Beans<br>Mandarin Oranges,<br>Fresh Fruit   | <i>8</i><br>Ham & Cheese on Whole Grain Bun<br>Cheese Sticks w/ Sauce<br>Glazed Carrots<br>Tossed Salad<br>Assorted Fruit<br>Fresh Fruit                               | <i>9</i><br>Papa John's Pizza, whole grain<br>BBQ Rib Patty on Whole Grain Bun<br>Garden Salad w/ Romaine, Spinach<br>Corn<br>Assorted Fruit<br>Fresh Fruit     |
| <i>12</i>  | <i>13</i>   | <i>14</i>  | <i>15</i>  | <i>16</i>   |
| <i>19</i><br>Pork BBQ Riblets<br>Chicken Tenders<br>Mac & Cheese, whole grain<br>Broccoli salad w/onion, bacon<br>Mix. Vegetables<br>Mix. Fruit<br>Fresh Fruit | <i>20</i><br>Nacho-Grande, whole grain<br>Cheese Sticks<br>Refried Beans, Lettuce, tomato<br>Black Bean Salsa<br>Sour Cream, taco sauce<br>Lettuce/Tomato<br>Juice Cup<br>Fresh Fruit | <i>21</i><br>Chicken nuggets<br>Turkey & Gravy<br>Roll, whole grain<br>Mashed Potato<br>Spinach Salad<br>Pickled Beets<br>Pears<br>Fresh Fruit | <i>22</i><br>Hot dog on whole grain bun<br>Fish Patty on whole grain bun<br>Sweet Potato Criss Cut Fries<br>Pinto beans<br>Sauerkraut, salsa<br>Peaches<br>Fresh Fruit | <i>23</i><br>Papa John's Pizza, whole grain<br>Sub-sandwich on whole grain bun<br>Tossed salad<br>Steamed cauliflower w/cheese<br>Assorted Fruit<br>Fresh Fruit |
| <i>26</i>  | <i>27</i>   | <i>28</i>  | <i>29</i>  | <i>30</i>   |
| <b>Summer Break</b>  |   |  |  |   |